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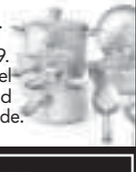

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ACTOR GAEL GARCIA BERNAL HUMORS US

"ROSEWATER" ISN'T FUNNY, BUT FILMING WAS. PAGE 18

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MTA: UNFARE

Money. Straphangers can expect a wallop to the wallet after the MTA releases plans that would increase fares by early next year. PAGE 02

DEVELOPMENT.

ISLAND PARK FLOATED FOR WEST SIDE

PAGE 03

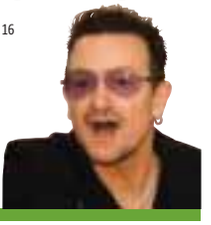
The proposed 2.7-acre park would replace a defunct pier on the West Side around 13th Street and would cost in the vicinity of $130 million. / HEATHERWICK STUDIO

Aide takes leave after controversy

PAGE 02

Don't let Bono on a Citi Bike

PAGE 16



Vick makes best of tough situation

PAGE 26

Education in the spirit of New York,
taught me I could do anything I put my mind to.
—Luz Mack, MPA, Public Affairs & Administration, '07

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1 NEWS

Top 3

What's trending online at Metro.us

1 'Solange and son's wedding reception "No Flex Zone" dance is super adorable'

2 '#breaktheinternet: A brief history of the booty in the West'

3 'Stream This: "Particle Fever" and a Stephen Hawking doc will blind you with science'

On the go

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One of the proposed plans would raise a subway ride by 25 cents per trip. / GETTY IMAGES

More information

For more information on the proposals, as well as a schedule of the public hearings, visit www.mta.info.

MTA releases plans for fare increases

New York City. Straphangers can expect the pain to set in starting early next year.

The MTA released two proposed plans to raise public transit fares on Monday.

The fares and tolls are expected to increase by 4 percent over the next two years, according to the MTA. The two proposals will be presented during a series of public hearings in December, and the MTA board will vote on the increases in January 2015. The hikes are set to start in March 2015.

MTA Chairman and CEO Thomas F. Prendergast said the "modest increase" in MTA fares and tolls are necessary to balance the budget and keep public transit moving.

Prendergast said the MTA has already cut $1 billion in expenses, and more cuts are planned through 2017. Fares and tolls make up a little more than half of the $13 million operating budget, according to the MTA.

The MTA has identified a $15.2 billion gap in their five-year Capital Program, starting in 2015.

"When our elected officials don't step up to pay for public transit, the burden falls to riders," said John Raskin, executive director for the Rider's Alliance. "Raising fares higher and higher is unsustainable for working New Yorkers, and it's a regressive way to pay for an essential public service."

A report released last month by New York State Comptroller Thomas DiNapoli's office said the deficit would likely fall upon the riders — a 1 percent increase for every billion dollars borrowed — if the funding gap is not filled.

The proposals

1 The first proposal Under the first plan, a single ride would increase by 25 cents to $2.75, but also the bonus for putting $5.50 or more on a MetroCard would increase from 5 percent to 11 percent.

2 The second proposal Proposal 1 would increase a single-ride fare from $2.75 to $3. Single-ride rates would stay the same in the second proposal, but riders would not be eligible for a bonus when adding money to a MetroCard.

Across the board

Both proposals would increase a monthly unlimited card by $4.50 a month — from $112 to $116.50 — and bump up a weekly unlimited card by $1 to $31.

- There would also be increases in area bridges, tunnels and train tickets.

Visit **Metro.us** to read the latest NYC transportation updates.

Rate hikes

"I think it's pretty unfair because we already pay a lot. I mean, $2.50 a trip is a lot of money, especially for people who don't have a lot of money, which are the types of people using public transportation."
Dan Harrington

"I think it's fine because if we don't raise it then we can't afford it. The cost of living goes up, so should the fares."
Hope Keen

"The MTA basically has a stranglehold on New York City. They basically raise the rate whenever they want. The governor and the mayor do nothing about it."
Frank Espinalez

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Noerdlinger / GETTY IMAGES

NYC. First lady's embattled aide takes a leave

Rachel Noerdlinger, chief of staff to first lady Chirlane McCray, said she was stepping down from her position on Monday.

Noerdlinger has been under scrutiny over the past two months regarding her relationship with Hassaun McFarlan, who has been convicted of manslaughter and drug trafficking. On Friday, Noerdlinger's 17-year-old son, Khari, was arrested on charges of trespassing, a misdemeanor.

"Today I am announcing that I have decided to take a leave of absence to spend more time with my son. These past two months have been extremely difficult for both of us, and his arrest on Friday heightens the need for me to devote my full attention to Khari, my No. 1 priority," Noerdlinger said.

Noerdlinger thanked de Blasio and McCray for their "unwavering support."

Rebecca Katz, special advisor to de Blasio, said Noerdlinger has been a "great asset" to City Hall.

The top aide will not be paid during her leave, which is indefinite, Mayor Bill de Blasio said Monday at a press conference at the Brooklyn Navy Yard.

Mayor De Blasio called Noerdlinger a "hard-working public servant who's tried to do good throughout her life," and said there's "something wrong" with making one's boyfriend and child "fair game in the public discourse." METRO

Salary

$170K

Noerdlinger makes $170,000 a year.

Floating island park would replace old pier on Hudson

West Side. The $130 million park would bring new gardens and a performance space to the waterfront.

Pier55 would be a 2.7 acre park that stretched out onto the Hudson River. / HEATHERWICK STUDIO

The lower West Side will have its own island park when defunct Pier 54, which faces the Hudson River, is replaced with Pier55, a brand new public park and performance space.

The new project is the result of a partnership between the Hudson River Park Trust and Barry Diller and Diane von Furstenburg's P55 nonprofit, and will consist of a 2.7-acre pier and public esplanade that will stretch from Bloomfield Street to 14th Street. Construction is set to begin in 2016.

Vibrant space

"The revitalization and transformation of this pier into a vibrant arts and community space will bring new energy and new visitors to our waterfront."

Mayor de Blasio

New York city and state will contribute $17 million and $18 million to the project, respectively, with total costs said to be in excess of $130 million.

"New York City's waterfront provides tremendous opportunities for everything from tourism to outdoor recreation, and Pier55 is the perfect example of how we can tap into that resource to build a more enjoyable city for all," said Governor Andrew Cuomo.

"The revitalization and transformation of this pier into a vibrant arts and community space will bring new energy and new visitors to our waterfront," added Mayor Bill de Blasio.

Design firm Heatherwick Studio handled the conceptualization of Pier55, which is being described as a "place of discovery, where visitors can wander and wonder, finding something new around every corner: places to lounge, eat lunch or just lie in the grass."

In addition to offering sweeping views of Manhattan and New Jersey, the Pier will house "one of New York City's premier venues," where the majority of programming will be free and low cost.

Over the course of its 20 year lease of the space, P55 will fund the programming, operations and maintenance of a state-of-the-art playground. Meanwhile, the HRPT will maintain the park as a public pier, with hours matching those of the rest of Hudson River Park.

DAN BUYANOVSKY
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New York City

Cops offer reward for subway pusher

The NYPD is offering a $2,000 reward in the search for the man they believe pushed 61-year-old Wai Kuen Kwok into an oncoming D train on Sunday.

While his identity remains unknown, the police released a video showing the man emerging from a BX35 bus before entering a bodega and smoking a cigarette.

Anyone with information can contact 800-577-8477. **METRO**

The suspect / NYPD

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Stats

Xristina Samira

Age: 30
Residency: Fort Greene, Brooklyn
Lives with: Her boyfriend
Number of jobs: 2

You're a part-time therapist and florist. How did this all start?
I was running a women's shelter for homeless and severely mentally ill women in Brooklyn. Even though I loved the work and the people, I was stressed out. I started arranging flowers just for my own mental health. I started bringing flowers to work with me to use with my patients as part of our therapy together.

You turned it into your business, La Vie Rosie?
A friend of mine was nice enough to give me some floral assistant gigs, just so I could get out there. Then Wanderlust, the yoga/music festival, asked me to be one of their flower vendors. After that, Lululemon had me do some of their events, and things went from there.

Instead of working full-time at the women's shelter, you now work part-time as a therapist?
Yes. The director at New Directions, where I work now, called me and said she came across my resume. She was wondering if I was interested in taking a supervisor's position and doing some private therapy. I pitched her the idea of horticulture floral therapy and she loved it.

Xristina Samira / PROVIDED

So you use flowers as part of your therapy sessions?
We're still figuring it out, but my dream is to have my own flower shop/therapy center.

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Manhattan

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Football-sized billboard launches in Times Square

Visitors to Times Square are no strangers to eye-popping advertisements, but on Tuesday night the space will witness a sign of the times with the unveiling of a block-long, eight-story-tall digital billboard.

Stretching down a prime piece of Broadway real estate between 45th and 46th streets, the billboard is the only one in the city to stretch an entire city block. Pricing for the coveted "mega screen" starts at $2.5 million for four weeks. METRO

Tony's Metro

Magic toy drive

Help Metro help others

Join Metro in giving to a local child in need this holiday season. Here's how:

1 Look for the Tony's Metro Magic logo on our Website, Metro.us.

2 One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com.

3 Once there, you can see all the toys, and more are being added daily. Select the toys you want and purchase them. That's it!

In addition to Toys for Tots, your donations go to local families who are receiving help from the Partnership for the Homeless in New York City.

Pope likely will stop in Big Apple

Manhattan. New Yorkers are excited about Pope Francis stopping during his trip to Philadelphia.

Pope Francis has only announced a trip to Philadelphia but rumors are swirling he will stop in New York City. / GETTY IMAGES

With Pope Francis set to travel to Philadelphia for next September's World Meeting of Families, New York City is also expecting the pontiff to visit.

"If he comes to Philadelphia, he will come to New York," Archbishop Bernardito Auza, the head of the Holy See's mission to the United Nations, said to the AP.

On Monday, several visitors to St. Patrick's Cathedral said they were excited at the prospect of the pope's visit.

"I'm very excited to see the 44th pope," Yvette Estime said. "I like him because he is addressing current issues and trying to make a change, unlike the last pope who left because he didn't want to deal with current issues."

"I think it is great for him to be coming here," Jericho Condor said. "I think he's very appealing because he is a very humble and simple pope."

NYCgo's Director of Communications Dena Libner told us that she already knows the five places in the city that the pope should go.

"Our Top 5 picks? The Bronx, Brooklyn, Manhattan, Queens and Staten Island!" Libner said. "We always tell visitors that the best NYC experience includes a stop in every borough." METRO

New York City

Plan would provide free Wi-Fi through pay phones

Mayor Bill de Blasio announced Monday that free Wi-Fi will come to the city if a plan is approved by City Council.

The city picked CityBridge as the winner of a contest to convert thousands of public pay phones into hot spots where people can get free Wi-Fi service.

"We're taking a critical step toward a more equal, open and connected city – for every New Yorker, in every borough," de Blasio said.

If approved, construction of LinkNYC will begin in early 2015. METRO

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TEH1

Pipeline prospects

XL pipeline backers losing support

Supporters of the Keystone XL pipeline in the U.S. Senate on Monday scrambled to gather votes to pass a bill that authorizes the project to help send Canadian oil to the U.S. Gulf, a task made harder after President Barack Obama criticized the plan.

With her chamber stuck at 59 votes in favor, Sen. Mary Landrieu (D-La.) worked hard to gather one last vote needed to pass a bill that the House of Representatives easily approved on Friday. The Senate may vote today on TransCanada Corp's project that would transport more than 800,000 barrels per day of oil.

Demonstrators rallying against the Keystone XL pipeline / GETTY IMAGES

Opponents say it would spike climate change emissions and the oil could be sold abroad. Supporters say it would create thousands of jobs.

Republicans and energy analysts said Obama was leaning toward vetoing any Senate Keystone bill that passes, either this year or early next year. REUTERS

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Obama urged to act on immigration

Senate Majority Leader Sen. Harry Reid (D-NV) / GETTY IMAGES

Showdown.
Democrats ask president to use executive powers to change immigration policy.

Senate Democratic leaders on Monday urged President Barack Obama to use his executive powers to make changes to the country's immigration system and outlined major revisions they would like to see included.

Obama has warned Republicans in Congress for months that if they continue to block comprehensive immigration legislation, he would act unilaterally.

An announcement could be imminent, as Obama has promised to make the move before year's end. Republican leaders have vowed to undo or weaken any actions Obama takes.

The Senate in June 2013 passed a sweeping, bipartisan immigration bill, but the House of Representatives has refused to consider it.

"Because House Republicans have not acted, we fully support your decision to use your well-established executive authority to improve as much of the immigration system as you can," wrote Senate Majority Leader Harry Reid and five other Democratic senators in a letter to Obama.

The senators urged Obama to expand a program he created in 2012 deferring deportations of undocumented residents who were brought to the United States illegally by their parents or other relatives as children.

Other actions Reid, Sens. Dick Durbin, Charles Schumer, Patty Murray, Robert Menendez and Michael Bennet called for included revisions of civil immigration enforcement priorities and changing the "Secure Communities" law program to aim it at those who are convicted of serious offenses. REUTERS

Undocumented

600K

The Democrats said they hoped Obama would include parents of the 600,000 or so people who have been approved under the 2-year-old program, if they have not committed serious crimes.

Quoted

"Lastly, we hope that you will improve the legal immigration system to keep immigrant families together, protect workers and allow employers to sponsor more talented immigrants for U.S. citizenship." The senators wrote

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GETTY IMAGES

Protest

Czechs mark revolution with red cards

Hundreds of protesters prevented President Milos Zeman from speaking by whistling and shouting as he unveiled a memorial at the site where the "Velvet Revolution" began in November 1989.

Quoted

"This date is crucial in my life. I was 15 then, and thanks to gaining freedom at such a young age I grew up as a free man. ... I can tell my president today that I disagree with him."

Martin Prikryl, protest organizer said on state television.

Anniversary

25

Thousands of Czechs marched through Prague on Monday to mark the 25th anniversary of the fall of communism, waving soccer-style red penalty cards as a warning to a president they see as drifting too close to Moscow. They cheered the presidents of Germany, Poland, Hungary and Slovakia at the same ceremony, although Germany's President Joachim Gauck was hit by part of an egg thrown at Zeman. Gauck's office said the president was unhurt. **REUTERS**

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Connections. Facebook plans workplace networking system

Facebook's workplace tool doesn't currently allow communication with people at other companies, the person familiar said. / GETTY IMAGES

Facebook Inc. is testing a version of its social network that will let people communicate and collaborate at work, a person familiar with the matter said, taking on tools from Microsoft Corp. and Salesforce.com Inc.

The product, which is in trials at Facebook and several other companies, will probably debut publicly in a few months, said the person, who asked not to be named because the information is private. Facebook at Work lets people communicate with their co-workers using the social network's traditional tools, such as messaging and news feed, without mixing the professional posts with personal ones.

Quoted

"To fully compete in the enterprise requires deep and complex capabilities that aren't required in a consumer offering."
Koplowitz

Facebook isn't currently charging for the product, which displays no advertising. Rob Koplowitz, an analyst at Forrester Research, said Facebook at Work poses the biggest threat to corporate social-media tools such as Microsoft's Yammer, International Business Machines Corp.'s Connections product and Salesforce.com's Chatter. All of those services help people collaborate on projects and share documents. **BLOOMBERG**

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Affirmative action. UNC and Harvard sued over race-based admissions

Harvard University's 2014 commencement was May 29. / GETTY IMAGES

Administrators of Harvard University and the University of North Carolina at Chapel Hill have been sued by an advocacy group claiming race-based admissions policies violate the constitutional rights of highly qualified Asian applicants.

Students for Fair Admissions Inc., a group that said it represents unidentified college applicants rejected by both schools, alleged in lawsuits filed Monday that the use of racial preferences illegally limited admission of Asian-Americans.

Such applicants "understand that they are not competing" against "the entire applicant pool," the group said in its filing against Harvard in Boston federal court.

UNC admissions policies aimed at achieving diversity have also harmed Asian-American applicants, the group alleged in a separate suit in Greensboro federal court.

Harvard University in Cambridge, Massachusetts
NICOLAUS CZARNECKI / METRO

Quoted

"They are competing only against each other, and all other racial and ethnic groups are insulated from competing against high-achieving Asian-Americans."
Students for Fair Admissions Inc.

The group claimed use of race in admissions allows universities including Harvard and UNC to show preferences for particular groups, failing to meet standards set under a U.S. Supreme Court decision last year requiring schools "implement race-neutral means to achieve student body and diversity before turning to racial classifications and preferences."

UNC spokesman Rick White said in a statement the university "stands by its current undergraduate admissions policy and process."

The suit against Harvard accused it of using quotas. A Harvard spokesman defended his school's practices.

The Austin, Texas-based group that announced the lawsuit did so in tandem with the Project on Fair Representation, an Alexandria, Virginia-based organization that advocates against race or ethnicity-based policies in state and federal courts. On its website, that group said it's associated with Project Liberty Inc., a nonprofit which said on its web page that its mission is "limited government, personal enterprise and free enterprise." **BLOOMBERG**

Until death sentence do us part

Charles Manson, at age 80, may marry in prison

Mass murderer Charles Manson, 80, has a marriage license, and could wed in prison, a spokeswoman for the California Department of Corrections and Rehabilitation said on Monday.

Manson, a charismatic ex-convict who assembled a group of runaways and outcasts into a "family" in the late 1960s, directed his mostly young female followers to murder seven people, including actress Sharon Tate, in 1969 in what prosecutors said was part of a plan to incite a race war, Reuters reported.

He was also convicted in the murder of an acquaintance, Gary Hinman.

California law allows inmates to marry in ceremonies that are usually held in the visiting room of the prison where they are housed, but he wouldn't be allowed conjugal visits, said prison spokeswoman Terry Thornton. The AP identified Manson's fiancee as 26-year old Afton Elaine Burton, who said she believes Manson is innocent and should be granted a new trial. **METRO**

Charles Manson / GETTY IMAGES

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Nairobi. Kenya miniskirt march protests violence against women

Nearly 1,000 people took to the streets of Nairobi on Monday to protest against a series of vicious public attacks on women who were stripped naked and assaulted for wearing miniskirts or other clothing perceived to be immodest.

Grainy videos of two attacks in Mombasa and Nairobi, taken on cellphones and circulated widely via Twitter and other social media, show mobs of men surrounding the women, wresting off their clothes and appearing to kick them in their genital area.

One of the march's organizers said she was aware of 10 separate attacks across Kenya. The Nairobi attack, which happened in broad daylight on a busy street last week, sparked outrage in the cosmopolitan capital.

Deputy President William Ruto called the incident barbaric and Inspector General of Police David Kimaiyo has appealed to the victim to come forward, local media reported.

The march on Monday, which was made up mostly of women, was an unusual public display of support for women's rights in Kenya, where sex crimes are rarely prosecuted.

The crowd waved banners and chanted "My Dress, My Choice," then marched across central Nairobi to a bus stop that was the site of the attack.

REUTERS

A woman in Nairobi takes part in a rally to protest a recent spate of assaults against women in Kenya. / GETTY IMAGES

Quoted

"I think the reason this sparked such outrage is it was so graphic and everyone who watched it felt violated. ... It could have been my wife, my daughter, my mother."

Boniface Mwangi, an artist and activist who donned a short dress for the march, told Reuters

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Timothy Sykes is a millionaire stock trader and entrepreneur.

Important things my mother taught me

I owe everything to my mom. She instilled in me the values that have made me so successful and that I now pass down to my students. Here are the most important three lessons she taught me.

Lesson No. 1: Anything is possible

Even though I grew up in a small town, I was raised to believe that with enough hard work, anything is possible, and that's proved to be 100 percent true. I wish more parents would teach their children this, so kids everywhere would have the same kind of confidence, optimism and ambition that led me to become the multi-millionaire I am today.

Unprecedented economic growth and the Internet allow anyone — no matter their age, sex or background — to develop the skills they need to fulfill their dreams. With enough hard work, it can happen much quicker than you realize.

Lesson No. 2: Success takes practice

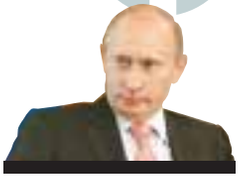
I was lucky to get started with stock trading in 1999, during the world's greatest stock market bubble, but unlike so many others who lost all their profits, I held onto my millions and grew them, thanks to endless studying and researching. My mother taught me to never be lazy in my career and that dedication pays off. Boy, was she right.

Lesson No. 3: Learn from your mistakes

My mother taught me that every mistake you make is actually a good thing, because you learn what not to do, and those failings help you on your path to success. Too many people I've met are afraid of mistakes and failure, so much so that they are too paralyzed to try new things for fear of screwing up.

Never be afraid of mistakes or failures; we all make them, as we're all human, but those of us who are successful understand they are just part of the process of achieving our dreams so we don't shy away from them. We embrace them and utilize them as they should be utilized to help us become wiser, more experienced and stronger.

Europe is coming down harder on Putin and Russia, good! We must not tolerate over-aggressive governments.



Kim Kardashian keeps getting more press by exploiting her body in new ways. It's sickening to see what our society loves to gossip about.

For exclusive commentary, visit Metro.us/blogs.

What Sykes likes this week

I now have more than 116,000 followers on Instagram @TimothySykes. It's my fastest growing and most enjoyable social media tool right now.

We landed a spaceship on a comet. That's just plain awesome!

More and more exposés are coming out of Florida State football, the latest being an unreported hit and run. It's time we show football players they are not above the law.

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

Summary: If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true... and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2 Radiofrequency Neurotomy

This treatment is called, "RadiofrequncyNeurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequncy waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

ADVERTISEMENT

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

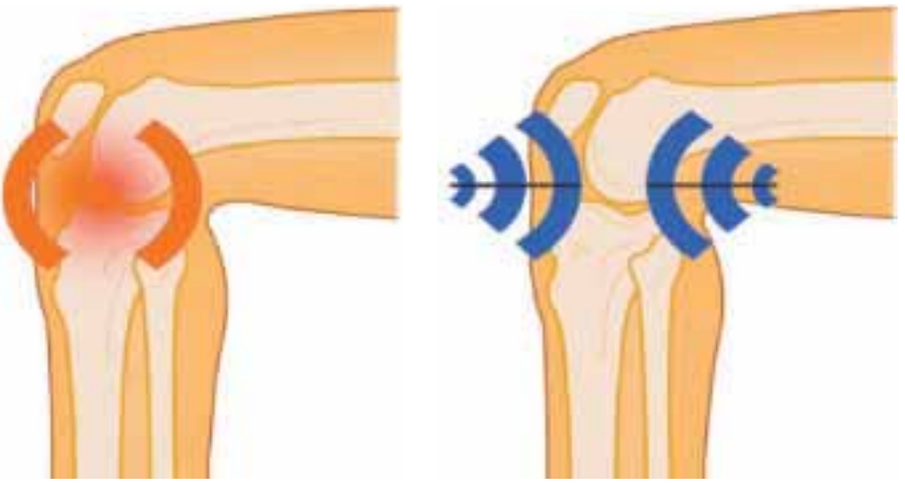
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and and even more expensive.

OsteoRelief Center believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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2

CULTURE

Twitter feed

Today, Carrie Underwood is getting in the holiday spirit, Ben Stiller is simplifying history, Joss Whedon wants some perspective and Hailee Steinfeld has been listening to some George Harrison.

@carrieunderwood: SNOW!!! Break out the Christmas music & decorations! I wonder if I can get the tree down from the attic by myself. #JustPushItDownTheStairs

@RedHourBen: Mussolini bad. Architecture good.

@josswhedon: Everyone is beautiful when they're slightly far away. All political structures are perfect in theory. Humanity's a jewel if you squint.

@HaileeSteinfeld: I got my mind set on youuuuu

1

Bono's bicycle boo-boo brings 'Tonight Show' bow-out

Footage of Bono during this past weekend's recording of "Do They Know It's Christmas?" shows nothing wrong with his arm; however, a week of live performance is a different animal, especially if the injury was to his proselytizing arm. / ALL PHOTOS GETTY IMAGES

First the falling luggage, now this. Bono is proving he's a danger to himself and others whether in the air or on land. I'm assuming next week he'll fall over the railing of a cruise ship like Pete Campbell's mom on "Mad Men." So: Bono was bicycling in Central Park recently when he took a nasty spill — so nasty that he has to undergo surgery to treat an arm injury. The spill has spurred the band to postpone a planned weeklong residency at "The Tonight Show," the other three U2 members announced on the band's site. "It looks like we will have to do our 'Tonight Show' residency another time — we're one man down," the message reads. "We're sure he'll make a full recovery soon, so we'll be back!"

2

Maria Shriver not a big Miley Cyrus fan

You know who's not totally jazzed about Patrick Schwarzenegger dating Miley Cyrus? His mom, Maria Shriver. In fact, she's "horrified" about it and is "violently" against the pairing. And that's apparently not news to Schwarzenegger, who was photographed kissing Cyrus over the weekend. "They have been hiding it. The kiss was so orchestrated and so planned to be like, 'OK, here you go,'" a source with intimate knowledge of what it was totally like says. "Instead of him being a good influence on her, she might be a bad influence on him," a source says.

Miley and Patrick are pictured here during a game between the California Golden Bears and USC Trojans. It looks clear that Miley is a Trojans fan.

3

Colin Farrell flexes his writing muscles in support of gay marriage

Colin Farrell is making noise for gay rights in his home country of Ireland — and in the process letting everyone know that he has a very attractive gay brother (even if that brother is off the market already). Farrell published a letter in Dublin's Sunday World pushing for marriage equality in Ireland. "My brother Eamon didn't choose to be gay. But he was always proud of who he was. Proud and defiant and, of course, provocative. Even when others were casting him out with fists and ridicule and the laughter of pure loathsome derision, he maintained an integrity and dignity that flew in the face of the cruelty that befell him," he wrote.

THE WORD

Ned Ehrbar takes on the world of gossip.

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Daily video

Solange and Julez No Flex Zone

VIMEO / CHARLOTTE HORNSBY

Though Solange Knowles didn't #breaktheinternet with photos from her surprise wedding in New Orleans over the weekend, the singer did look exquisite in the pics that circulated of her donning outfits from Stephane Rolland and Humberto Leon for Kenzo. But then yesterday, this video of her dancing with her 10-year-old son Julez surfaced. The mother and child perform a choreographed routine to Rae Sremmurd's "No Flex Zone." It's a "stars, they're just like us" moment, except most weddings we attend don't involve the bride changing into outfits, commissioned specifically by top designers.

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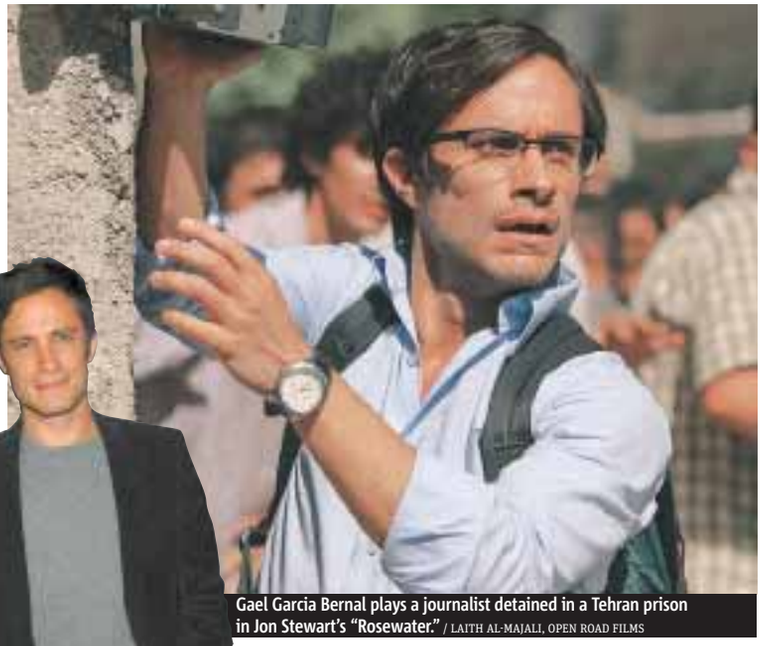
Gael Garcia Bernal finds humor in terrible horror

Interview. The star of Jon Stewart's "Rosewater" says laughter is an evolutionary trait.



Gael Garcia Bernal plays a journalist detained in a Tehran prison in Jon Stewart's "Rosewater." / LAITH AL-MAJALI, OPEN ROAD FILMS

GAEL GARCIA BERNAL
WIREIMAGE

Gael Garcia Bernal is the star of Jon Stewart's directorial debut, but the film isn't a comedy. In the docudrama, he plays Maziar Bahari, an Iranian-Canadian journalist who, in 2009, was detained for 118 days in a Tehran prison. But just because it's a serious drama about serious issues doesn't mean it can't be funny at times — or that comedy can't be serious.

This isn't a comedy, but humor plays a key role.
Maziar found the humor in this story in an incredible way. Humor was one of the anchors that saved him. I think that's a quality that maybe all survivors have. Humor is always there, in a way. In the darkest moments there is something that makes you realize that everything is really ridiculous.

Even as things get grim, there's always this feeling that the reason he's being jailed is a joke.
It is like a joke. And it's always a joke. The systematic apprehension and torture of people is done by powers in crisis. Look at the Inquisition. The excuses they used to kill people were ridiculous — and funny, in hindsight.

It's extremely strange that anyone who spent so long in isolation and being tortured, as Bahari was, could find anything to laugh about.
Humor is an evolutionary trait. We as rational beings find incongruences, and they make us laugh. Humor saves, it deconstructs, it asks the complicated questions, and it's dangerous for people who don't believe in humor and the complexity of things. People who see things as one-sided are generally not funny people. And their timing is terrible. If they tell a joke, it's really bad. Jon is the complete opposite of that. He's a person who's incredibly funny and incredibly intelligent, and his humor is reflective. He shows the incongruences, and that's what makes us laugh.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Cold water

In the thick of it

This isn't the first political film you've made about another country. The 2012 drama "No" took you to Chile to deal with the defeat of Augusto Pinochet. How do you familiarize yourself with other nations' politics and history?
By getting drunk, actually. By jumping in. It's like jumping into cold water. You think about it then say, "Let's just do it." Once you're there, you're like, "OK, this feels pretty good," or "F—, this is the worst mistake I've made. Fortunately I'll be out of here soon." That's what happens with films, in a way. You get to bond with people. It's a crazy job, but it gives back to you so much.

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TV watch list

Danny, you're going to regret reading that diary. / JORDIN ALTHAUS, FOX

COMEDY

'The Mindy Project'

Danny has a bit of a Mindy moment when he finds her diary and can't stop himself from reading it. What do you think she writes about in there? **9:30 P.M., FOX**

DRAMA

'Marvel's Agents of S.H.I.E.L.D.'

The team's search for an old secret is complicated by Hydra trying to figure it out, too, while Ward spends some time having an intense chat with his brother. **9 P.M., ABC**

REALITY

'The Real Housewives of Beverly Hills'

Kyle hosts a white party, which is an event to support LGBT causes, as we learned after Googling it. A few former Housewives will attend, too. **SEASON PREMIERE, 9 P.M., BRAVO**

REALITY

'The Voice'

Prepare yourself to say some goodbyes: Not one, but two aspiring singers will be eliminated tonight. Being eliminated from a reality competition live on TV sounds terrifying. Good luck, kids. **8 P.M., NBC**

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Matt Prigge's guide to what you can watch on the Internet.

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'Particle Fever'

Netflix Instant

Four in 10 Americans believe in creationism, but at least science is hot at the box office. "Interstellar" is exposing millions to black holes, wormholes and relativity, while "The Theory of Everything" gives Stephen Hawking his Great Man biopic. Neither, though, is as fun as the documentary "Particle Fever," which boasts real, hard science. Its cameras were there when the world's

Netflix Instant

'Total Recall'

After all this real science, relax with dumb pop sci-fi. Paul Verhoeven's vulgar Philip K. Dick riff casts the mega-ripped Arnold Schwarzenegger as an everyman, then proceeds through three-breasted women, a dude who lives in another dude's abdomen and the former Governor of California pulling a superball-sized capsule through his nose.

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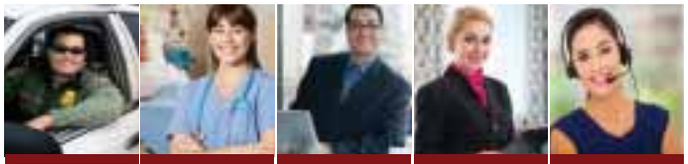
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Scientists congregate to prove whether the once-elusive Higgs boson particle exists in "Particle Fever." / CERN

scientists congregated to fire up the massive Large Hadron Collider, which would verify the existence of the elusive Higgs boson particle — the last major, central theorized particle to be verified, one often called "the God particle" (enraging physicists).

There's palpable suspense on display: If the experiment is a success that means scientists are on the right track; if it doesn't then many egg-heads have wasted most of their lives. (Spoiler, not really: It was a success.)

But perhaps just as useful is its portrayal of scientists as goofy nerds — not the hubristic sociopaths of movies, but simply the most excitable people you've seen outside of a kindergarten class dosed with sugar. Their enthusiasm is contagious.

Hulu

'A Brief History of Time'

"The Theory of Everything" seems to be trying to see how little science it can dwell on while still counting as a Hawking movie. However, this 1991 doc on Hawking, by Errol Morris, gets into the nitty-gritty. Morris finds visual ways to communicate mind-blowing concepts about time, the universe and everything. But it's equally a portrait of the stereotypical English stiff-upper-lip mentality. No one, much less Hawking himself, trapped in his unmoving body, gets drippy about the tragedies that have befallen the physicist.

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Stylish coffee table books

Coffee table books aren't just meant to inspire; they also showcase one's personality. They're as much decorative as they are beautiful to flip through. Recently, a slew of worthwhile fashion and beauty books have been released, just in time for the holidays. Whether you're gift hunting or just want to treat yourself, these six books are worth checking out.

'Refinery 29: Style Stalking'

Women's fashion and lifestyle website Refinery 29's new book is full of cool-girl street style. Not only does it explain how to master trends like tomboy-chic and modern metallics, it teaches readers how to develop their own signature style. The book also includes Q&As with style stars such as newlywed Solange Knowles, Harper's Bazaar executive editor Laura Brown and Bullett editor Idil Tabanca. Gift this to your favorite blogger friend. **$19.99, Urban Outfitters**

'Vogue & The Metropolitan Museum Of Art Costume Institute: Parties, Exhibitions, People'

This massive, glossy-paged tome gives readers an up-close look at the annual Met Gala, and the exhibits that inspired each theme. Included are not only iconic photographs of celebrities attending the event, but also a behind-the-scenes look at the exhibits themselves, such as 2001's "Jacqueline Kennedy: The White House Years" and 2011's "Alexander McQueen: Savage Beauty." **$35.96, Amazon**

'Miles of MAC'

There is almost no text in this oversized, 250-page hardcover, but the photos speak volumes. Models in candy-colored eyeshadows and lipsticks showcase the boundary-pushing aesthetic that has been MAC's signature since its 1987 launch. While the makeup looks in this book may be too bold for you to copy completely, they just may inspire you to be a little bit more fearless when you're getting ready for your next Saturday night out. If you're looking for a gift for a beauty addict, this is it — you know she has enough makeup. **$33.54, Amazon**

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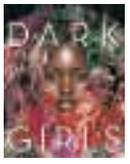
'Dark Girls'



What originated as a documentary on Oprah's OWN Network is now reimagined as a beautiful hardback. Stunning photos of more than 75 women including Lupita Nyong'o, Vanessa Williams, Loretta Devine and Judge Mablean Ephriam are included. Their stories about overcoming prejudice are just as powerful as their photos. Together it makes for an emotional read. **$18.99, Barnes & Noble**

'Tory Burch: In Color'

Fashion designer Tory Burch's first book isn't just an exploration of her style aesthetic, but also what inspires her interior design, her favorite places all over the world and her personal photos. She explains that her mantra is to "live in color," being stimulated by a kaleidoscope of influences and experiences. Not only does it offer a vibrant look into her own life, but she teaches others how to live their lives in color as well. **$50, Tory Burch**

'Make Up: Your Life Guide to Beauty, Style, and Success — Online and Off'

YouTube star-turned-entrepreneur Michelle Phan shares all her secrets to success and best beauty tips. Phan is one of today's most successful businesswomen, and her down-to-earth approach to life makes it easy to believe you can have it all, too. **$14.55, Barnes & Noble**

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Yellowstone: Take a super vacation on a supervolcano

The outdoors.
Trek the national park's mountains and canyons — but watch out for the grizzlies.

The Lower Geyser Basin is the largest geyser basin in Yellowstone, spanning about 18 square miles. / DELAWARE NORTH COMPANIES

Yellowstone National Park rests on the largest supervolcano — an active volcano — on the continent and spans approximately 2.2 million acres across Wyoming, Montana and Idaho. So there's plenty of gorgeous, and sometimes gurgling, ground to cover.

That's where Yellowstone Vacations comes in. The bus tour company offers guided group rides for up to 15 passengers. Tours typically last hours but can span several days, offering visitors a look at the park's mountain ranges, waterfalls and canyons.

Visitors can expect to encounter the park's wildlife, including grizzly bears, which may be spotted with cubs in tow meandering along the edge of the road.

Wolves are more elusive, but naturalists say there are as many as 450 of them in the greater Yellowstone ecosystem. Bison and elk are more commonly spotted and can be seen grazing the hilly terrain.

The park's geysers and hot springs are sprawled along the park's volcanic caldera, sputtering and popping, gushing and gurgling. None are more famous than Old Faithful, which, regardless of the season, promises tons of tourists in addition to its punctuality.

For accommodations, The Explorer Cabins, owned and run by Delaware North Companies at Yellowstone Park in West Yellowstone, Montana, offer a cozy woodlands experience, complete with kitchenette and communal fire pit. The grounds are just steps from the park's west entrance, though the rural town offers family-friendly activities as well.

MORGAN ROUSSEAU
@MetroMorgan
morgan.rousseau@metro.us

Three tips

1. Try the local huckleberry candy, preserves or barbecue sauce. Pretty much anything huckleberry, we recommend.
2. Don't feed the bears – really. Yellowstone naturalists have a saying, "A fed bear is a dead bear," because fed animals become nuisances and have to be put down.
3. Be aware of the change in altitude, particularly if you're coming from sea level. Yellowstone sits an average 8,000 feet above sea level, and the diminished oxygen in the air can cause lightheadedness.

Deals

When to go

Outdoor enthusiasts looking to enjoy the picturesque beauty and serenity of Yellowstone National Park while avoiding crowds should book now for the park's "shoulder season" in the spring.

Microbrews

Don't miss out on the beer

"Yellowstone was always a destination like a school trip. I don't think you think of it as a vacation destination, but for us, definitely, as winter sports people, there is so much here in the park," says Kate Ashworth, a Washington native, while sipping a selection of Montana beers at the 2014 Beer Fest In West, held each fall in West Yellowstone.

Of all the treasures of the region, its microbrews, which range from smooth golden ales to bock lagers, have often been overlooked.

In breweries per capita, Montana ranks second in the nation.

Darcey Fairchild, whose husband works at Bitter Root Brewing in Hamilton, Montana, says, "It's just a beer drinking state, and it's coupled with the fact that we really like to support local products, whether it's agriculture or food or beer."

PLUS

Survey says:

70% of flyers said they'd risk missing Thanksgiving dinner at their destination if they were offered a free flight in exchange for being bumped to a later flight.

51% said they'd opt for relaxing on a beach, pina colada in hand, over spending the holiday at home.

73% would rather spend money on a hotel or vacation rental than stay with family.

40% plan to spend over $3,000 on Thanksgiving travel this year.

51% named airport delays or traffic as the most annoying part of Thanksgiving travel.

Source: VacationHomeRentals.com

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Tip

Know when it's indicative of a bigger problem

Bunn stresses that if an infant or child is scared to get on an airplane for no apparent reason, chances are it is a sign of a bigger problem. "There may be a problem with your child really feeling safe," he says. Children should instinctually trust that their caregivers will keep them safe, so if they don't seem to feel that way, the parent-child relationship needs to be analyzed. Bunn says that it's important to do this when the child is young, as the relationship and patterns will be hard to mend when he or she becomes a teenager.

EMILY LAURENCE
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Expert tips for traveling with an infant or small child

Parenting hacks. Keep holiday travel stress-free with these tips from therapist who used to be a pilot.

No one wants to be the person with a screaming baby on a plane. Traveling with your kids is stressful enough without having to worry about how to avoid being the most hated person onboard. For tips on how to keep things calm, we called up Captain Tom Bunn, a former commercial airline pilot who is now a therapist helping people of all ages overcome their fear of flying.

Manage your own anxiety

If you're anxious about how the flight is going to go, your baby will pick up on that, according to Bunn. "Brain scanning has shown that as an expectant mother approaches delivery, the brain is flooded with a hormone that causes her to become obsessed with safety," he says. "The hormones go away after delivery, but the patterns can remain." If you recognize that and stay calm, chances are your baby will remain calm, too.

Save feedings for right before landing

Bunn says infants won't have any problems with the takeoff, but landing can hurt their ears, as their eustachian tubes are still developing. "The key here is to make sure the baby is awake during this time, so he or she can move around and maybe wiggle their jaws a little bit," he says. Bunn suggests nursing your infant right before the plane starts its descent, but if that doesn't fit into your feeding schedule, giving him or her a pacifier will help, too.

Show kids what to expect

Children with autism especially can have a hard time with flying because they have trouble not being in control or knowing what's about to happen. Before your trip, Bunn suggests watching "Autism in the Air" videos on YouTube with your child. Developed by PEAT (Parents Education as Autism Therapists), the videos show kids what to expect every step of the way, from their eye level.

"They aren't just good for kids with autism," Bunn says. "They're great for any kid who isn't keen on flying."

Visit the cockpit

Passengers with children get to board the aircraft early, and Bunn says this is the perfect time to take your kids to meet the pilot and check out the cockpit. "By this time, the pilot is done with the checks, so they are happy to talk with kids. Just ask a flight attendant and he or she will almost always take you and your kids up," Bunn says.

Prince George looks like he slept through the whole flight. Must be nice, Kate. / GETTY IMAGES

Extra help

For more advice

Visit FearofFlying.com or check out Captain Tom Bunn's book "Soar: The Breakthrough Treatment for Fear of Flying."

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Trending. Naming your baby Bella or Jaden was so last year

Most people gauge what the most popular name is by considering the ones they hear a lot, but the researchers at Nameberry.com have it down to a science. The entire site is dedicated to all things baby names, using mathematical formulas to figure out which ones are the most popular. The site just released the names it predicts will be the most popular next year, and while some aren't all that surprising, others will make you scratch your head.

As with any trend, some are celebrity-inspired, such as Ivy (thanks, Beyonce) and Violet (one of Jennifer Garner's baby name choices). See the most popular girl names in the box to the right, and head online for the top boy picks. EMILY LAURENCE

Sorry, Amy, but your name is not on the list. / PHOTODISC

Top 10 girl names

1. Violet
2. Stella
3. Adeline
4. Lila
5. Juliet
6. Beatrice
7. Elsa
8. Cora
9. Aurora
10. Ivy

Head over to Nameberry.com for the top names of 2015 for boys, and for further analysis of why each name is surging in popularity.

Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Love is in the stars. This is a great time to make updates to your home or to move entirely.

♐ Sagittarius | Nov. 22-Dec. 21. You need a change. A low-cost conservative investment or makeover will bring great benefits. The differences may not be readily visible.

♑ Capricorn | Dec. 22-Jan. 20. Maintain your point of view if you feel you are right. Take immediate action regarding a decision. Dawdling will interfere with your progress.

♒ Aquarius | Jan. 21-Feb. 18. You are heading down the fast track to success, and you don't want to make the mistake of underestimating someone.

♓ Pisces | Feb. 19-March 20. An important relationship is in need of attention. Someone feels left out and must be brought back into the loop.

♈ Aries | March 21-April 20. Don't be pressured into making a snap decision. Leave yourself enough time to weigh the pros and cons before you make a commitment.

♉ Taurus | April 21-May 21. You are in the mood to have some laughs. Gather a diverse group of your friends and see how well they get along.

♊ Gemini | May 22-June 20. Be honest and don't toy with someone else's feelings. To avoid leading anyone astray, be open about your plans.

♋ Cancer | June 21-July 22. Hone your professional skills. Do whatever it takes to stay in the loop regarding advancements in your field. Your qualifications must be updated regularly.

♌ Leo | July 23-Aug. 22. You will never feel fulfilled if you keep trying to please everyone. Do what you love and don't let others stand in your way.

♍ Virgo | Aug. 23-Sept. 22. Face the people causing you stress. You will add to your problems if you put on a happy face and pretend everything is all right.

♎ Libra | Sept. 23-Oct. 22. Keep a positive attitude and let your imagination run free. Don't let a negative remark halt your progress. EUGENIA LAST

Sudoku: Easy and hard

			8			1	5	
8				5			2	
		2	1		6	7		3
1	6						9	
			3		4			
	4						6	8
4		6	7		9	8		
	8			3				1
	5	3			8			

	3				7	5	4	
				2	3			1
2						9		
6			7	3	9			
	4	9				3	5	
			5	8	4			9
		8						5
5			3	1				
	6	2	4				7	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

A fair, neutral Net

Re: 'Net neutrality a bad idea' (Metro, Nov. 13) Letter writer Cameron Smith seems to think that Net neutrality has to do with what the consumers pay — and in a roundabout way, it does. Net neutrality is about Internet service providers (Comcast, Verizon, etc.) being able to charge websites for "fast lanes." This would mean that Netflix, YouTube, and Facebook would all get charged an extra premium to maintain their current speeds. The only way that the consumer would be forced to pay more to make "everybody equal" is if Net neutrality wasn't enforced, since the websites would have to make up for the deficit somewhere.
NICK COOKE, VIA EMAIL

Don't dismiss Obamacare

Instead of contradicting Obamacare, why don't we as Americans try to improve it so that we could stop the billions of dollars lost in corruption that occurs each year? Americans should note the following three great points of Obamacare: 1) You cannot be denied coverage. 2) You cannot be turned down for an existing medical problem and 3) Obamacare will ensure that the 45 to 50 millions of uninsured Americans will be covered. DENNIS NASCIMENTO, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across

1 — lode
7 Academic stat
10 Musical symbol
14 Magnolia State city
15 Carpet
16 Back from work
17 Pro golfer Amy
18 Columbus sch.
19 Orient
20 Independent ones
23 Brown pigment
26 Wily
27 Second to none
28 Dessert trolley
29 OJ purchases
30 Col. Sanders' place
31 Ottoman official
32 Wish undone
33 More verdant
37 Conducted
38 Maize unit
39 Insect resin
40 Vocalist — Sumac
41 Claim
43 Rear, to Popeye
44 Miss Piggy's pronoun
45 Freud, to himself
46 Hill builder
47 Condo units
48 Wade
51 Kangaroo pouch
52 Giggle (hyph.)
53 As if rich (4 wds.)
56 Pharaoh's god
57 Grandson, perhaps
58 Crater Lake locale
62 Joyful shout
63 Blitzer's beat
64 Food basic
65 In case
66 Poultry product
67 Felt

Down

1 Wall Street deg.
2 Artist's paint
3 RNs provide it
4 Walk (2 wds.)
5 Bit player
6 Ceremony
7 Rover's warnings
8 Overbearing
9 Malaria symptom
10 Goblet
11 Dangerfield persona
12 Qatar rulers
13 Sumptuous meal
21 Organic compounds
22 Cause and —
23 Sell hot tickets
24 Enthusiastic
25 Madrid museum
29 Squelch
30 Wrapping paper
32 Bounce, as sound waves
33 Quick look
34 Tree sprite
35 Wax theatrical
36 Salary hike
42 Type of stocking
46 Exclaiming over
47 Crete's sea
48 Fringed item
49 Supple
50 Ess moldings
51 Undercover job
52 Nut cake
54 — and easy
55 Ponderosa son
59 JAMA readers
60 Flamenco shout
61 Beatty of films

Yesterday's answer

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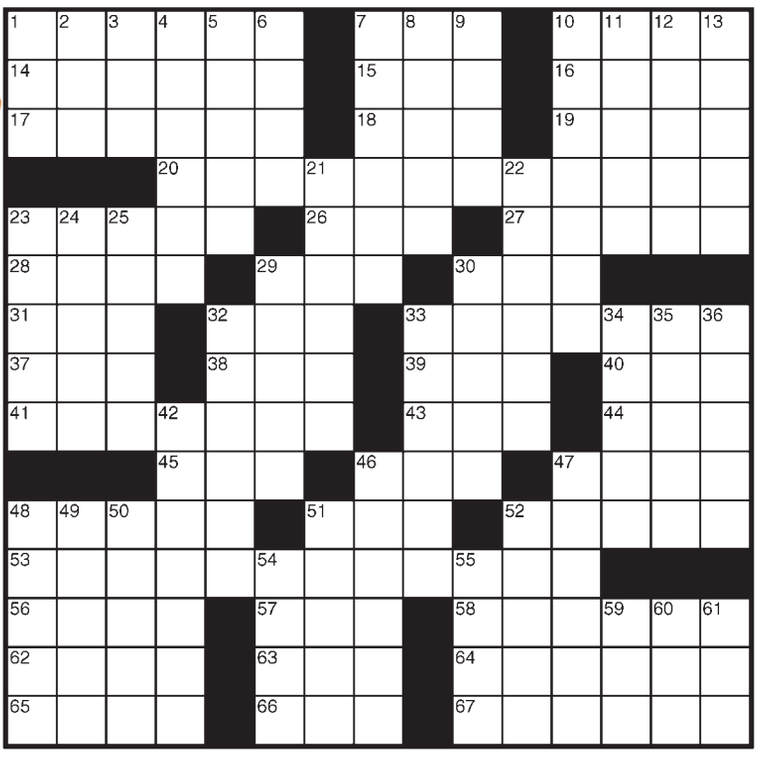

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3 SPORTS

MLB

Jays ink catcher Martin

Former Yankees catcher Russell Martin signed a five-year, $82 million deal with the Blue Jays, according to ESPN. The 31-year-old had a strong 2014 season, batting .290 with 11 homers and 67 RBIs with the Pirates.

Vick: 'I wasn't sure if I would play again'

NFL. The Jets QB stayed quiet when he was relegated to a reserve role.

There were times this year when Michael Vick didn't know if he would ever see an NFL field again. He wondered at times if being on the sidelines with a clipboard would be the swan song for a career that revolutionized the quarterback position.

Vick came onto the field three weeks ago late in the first quarter to replace the struggling Geno Smith in a home loss to the Bills. Since then, he hasn't looked back and the Jets are suddenly confident with their proven quarterback under center.

Vick was relegated early on to being only a mentor to Smith. There was no quarterback competition in camp, despite the fact that Vick has a career resume with Pro Bowl appearances and playoff wins.

"I wasn't sure if I would ever play or start again," Vick told Metro. "I didn't know if this was what the end of my career would be like. Nothing is certain in this game, nothing at all. And I didn't know if this was the end of Michael Vick as a starter. I just knew I had to be ready, be prepared, mentally [and] physically, that if I was called upon, then I can go in and help my teammates, lift my teammates if need be."

The scenario this past spring for Vick was not ideal, but he held his head high and never once grumbled. The Jets signed him with no intention of giving him a legitimate shot at the field. One team source said that from the day the Jets began to court him, "he was always going to be destined to carrying a clipboard and being a good role model for Geno. But all that changed, obviously."

What changed was the self-destruction of Smith, punctuated by a three-interception performance in Week 8 that led to his benching. Vick came in and moved the ball. He did it again the next week in a loss at the Chiefs. Then, against the Steelers, Vick was tidy and efficient, with no turnovers, making several big plays via his arm and feet to key the Jets' first win since opening day.

"Everything in life prepares you for something else," Vick said. "I only wanted to come in and do my part, be ready and help Geno, help Matt [Simms] and help the offense. This game, this team isn't about me. It's about being ready on Sunday to go out there and play and win."

Vick added, "I [am] still a competitor, I still wanted to start and believed I could. I didn't know if it would come this year with the way things were playing out. But I'm grateful for the opportunity."

KRISTIAN DYER
@KristianRDyer
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Quarterback Michael Vick registered a 116.0 QB rating in the Jets' win over the Steelers. / GETTY IMAGES

Quoted

"I like the guys. I like this locker room. Right now I'm really enjoying my time in New York and I'm looking forward to winning some games with this team."

Jets QB Michael Vick,
on closing out the 2014 season on a good note

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NBA. Carmelo is more confident in offense after talk with Jackson

Carmelo Anthony is seeing things more clearly these days when it comes to his role in the Knicks' triangle offense.

"[Phil Jackson and I] had a great conversation, a very positive conversation," Anthony told ESPN about a talk he had with the Knicks president last week. "It gave me some clarity whether it was in the system, whether it was things I should do out there for myself, whether it was things I should do out there for the players, for my teammates. ... I took it extremely well."

CARMELO ANTHONY SCORED 28 POINTS SUNDAY. GETTY IMAGES

Anthony and the Knicks righted some wrongs Sunday in a 109-93 win over the Nuggets, in which the small forward totaled 28 points on 10-of-14 shooting. New York faces the Bucks in Milwaukee on Tuesday (8 p.m., MSG). **MATT BURKE**

NFL. Coughlin says Manning not the sole reason for struggles

Odell Beckham Jr. is having a breakout rookie season amid the Giants' difficulties as a team. / GETTY IMAGES

Giants quarterback Eli Manning deserved more than his share of the blame for Sunday's tough 16-10 loss to the San Francisco 49ers, as his five interceptions can attest.

And while the pitchforks and flames are out, as the masses try and make the two-time Super Bowl MVP the primary scapegoat, head coach Tom Coughlin said don't be so quick to judge his signal caller.

Coughlin noted that Manning's five interceptions obviously weren't conducive to winning, but there were hidden factors within each bad play that told a bigger story.

"I think you need balance, especially in a one-score game, [because] my preference is not to be throwing the ball that much," said Coughlin, adding the offensive line was porous. "Obviously we have a ways to go [in running the ball better and pass protection]."

According to Pro Football Focus, an extensive statistical website that tracks every play of every player for every team, the right side of the Giants' offensive line (guard John Jerry and tackle Charles Brown) was responsible for 18 total pressures. Manning was only sacked twice, but with 16 more plays of having pressure in his face, he basically had no chance to make plays.

Help could be on the way, however, as the Giants activated guard Geoff Schwartz off the injured-reserve /designated for return list. Schwartz had been on the list since Sept. 3 due to a dislocated right big toe that he suffered in a preseason game on Aug. 22.

Monday was the deadline for the Giants to activate Schwartz or keep him on injured reserve (IR). The veteran is itching to get back on the field to help his struggling unit.

"I am ready to go. I had a couple good weeks of practice [and] last week was real good," said Schwartz, who was reluctant to sound as if his mere return would save the offensive line. "I took every rep for the scout team last week. I felt good out there. I'm just happy to be back and will play wherever he [Coughlin] wants me. … I expect I'll be ready to go." TONY WILLIAMS

Quoted

"When you're down on the three-yard line, you have to make the plays. I'm disappointed in myself." Eli Manning

NHL power rankings | by Rich Slate

No. 1

Habs (14-4-1)

The Canadiens are riding the longest current win streak (five games) in the NHL and also have the most points (27). They crushed the Bruins 5-1 last Thursday and will be at TD Garden this Saturday for an anticipated rematch.

No. 2

Penguins (12-3-1)

The Penguins have the best goal-differential (plus-25) in the NHL. They are 9-1-0 in their last 10 games. But signing goaltender Marc-Andre Fleury to a four-year extension? That's putting way too much faith in a guy who typically crumbles come playoff time.

No. 3

Lightning (12-4-2)

Top to bottom, the Western Conference is superior to the East, but it's tough to argue with the Habs, Penguins and Lightning thus far. The Lightning have scored the most goals (66) in the NHL.

Visit **Metro.us** to see where the NY teams fall on this week's rankings.

No. 4

Blues (12-4-1)

We helped create the Blues bandwagon last season and where did that get us? The lesson learned is to not fully trust a team until they've done something noteworthy in the postseason. Their upcoming road trip is tough, starting with a game at Boston.

No. 5

Ducks (11-4-4)

At full strength, the Ducks might very well be the best team in the NHL. However, it's been a bizarre few weeks for Anaheim, starting with Corey Perry and Francois Beauchemin getting diagnosed with the mumps. They split a home-and-home with L.A. last week.

No. 6

Predators (11-4-2)

One of the under-the-radar teams in the NHL. If the playoffs began today, they'd be the third seed in the West. James Neal, who has nine goals, five assists and is plus-10 on the year, is proving that he was more than just Sidney Crosby's goon sidekick when he was in Pittsburgh.

No. 7

Flames (11-6-2)

It's highly doubtful that Calgary will be the seventh-best team in the league in a month or two. But its resume so far is kind of impressive and these rankings are based on the here and now. The Flames have scored the most goals, 59, in the Western Conference in 2014-15.

No. 8

Canucks (12-6-0)

Vancouver is another Canadian team off to a surprisingly good start, but it's hard to ignore Vancouver's goal-differential of plus-1. The Canucks are 7-3-0 in their last 10 games, but try to explain their 5-0 no-show loss at Arizona last Friday. They host Anaheim this week.

No. 9

Kings (9-5-4)

If there is any team in the NHL to not judge too harshly in the regular season it has to be the Kings, based on their two Stanley Cups in the past three years. With the emergence of Calgary and Vancouver, the NHL's toughest division is even harder to navigate this season.

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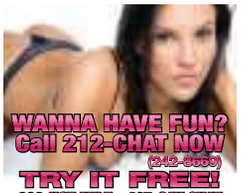

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